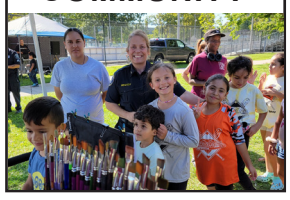
COMMUNITY



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SW Detroit Celebrates National Night Out

EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 35, #41 • **August 15, 2024**

SPORTS

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Wolverines Getting Ready For Season !!!

Subvenciones financiadas por Elevate Together®

MHCC Otorga Subvenciones a Propietarios de Pequeñas empresas Hispanas

La Cámara de Comercio Hispana de Michigan (MHCC) recién anunció que otorgó seis subvenciones a pequeñas empresas locales propiedad de hispanos a través de Elevate Together® para acelerar su crecimiento y prosperidad. Cinco latinas y un latino del área metropolitana de Detroit a Grand Rapids fueron seleccionados. La Cámara de Comercio Hispana de Michigan otorgó a cada una una subvención en efectivo de $5,000 y sesiones de mentoría empresarial como parte del programa Elevate Together.

"MHCC agradece a la Cámara de Comercio Hispana de los Estados Unidos y a la Corporación ODP por su asociación de tres años. Es un honor y un privilegio ser seleccionado entre 260 cámaras hispanas en todo el país", dijo Mark Moreno, Director Ejecutivo del MHCC.

Elevate Together® fue diseñado para ayudar a acelerar la creación, el crecimiento y la prosperidad de las pequeñas empresas desatendidas a través de la educación, el acceso y la ayuda en colaboración con los Centros de Emprendimiento de la Liga Urbana Nacional y la Cámara de Comercio Hispana de los Estados Unidos. Como socio corporativo fundador de esta iniciativa sin fines de lucro, The ODP Corporation (empresa matriz de Office Depot, ODP Business Solutions y Veyer) se enorgulleció de comprometerse con una inversión inicial para ayudar a poner en marcha el programa en varios mercados importantes para proporcionar a los propietarios de pequeñas empresas elegibles acceso a programas de asistencia técnica, servicios de tutoría, redes profesionales y más.

Continúa en la pág 3

Grants Funded by Elevate Together®

MHCC Awards Grants to Promising Hispanic Small Business Owners

The Michigan Hispanic Chamber of Commerce (MHCC) recently announced that it has awarded six grants to local Hispanic-owned small businesses through Elevate Together® to accelerate their growth and prosperity. Five Latinas and one Latino from Metro Detroit to Grand Rapids were selected. The Michigan Hispanic Chamber of Commerce awarded each a $5,000 cash grant and business mentorship sessions as part of the Elevate Together program.

"MHCC is grateful to the U.S. Hispanic Chamber of Commerce and the ODP Corporation for their three-year partnership. It is an honor and privilege to be selected from 260 Hispanic chambers nationwide," said Mark Moreno, Executive Director of the MHCC.

Elevate Together® was designed to help accelerate the creation, growth, and prosperity of under-served small businesses through education, access, and aid in collaboration with the National Urban League's Entrepreneurship Centers and the United States Hispanic Chamber of Commerce. As the founding corporate partner of this nonprofit initiative, The ODP Corporation (parent company to Office Depot, ODP Business Solutions, and Veyer) pledged an initial investment to help kickstart the program in several major markets to provide eligible small business owners with access to technical assistance programming, mentorship services, professional networks and more.

cont on pg.3

Oldest Latino civil rights group announces Its first Presidential endorsement for Harris-Walz

By Suzanne Gamboa, NBC Latino

The 95-year-old League of United Latin American Citizens has endorsed Vice President Kamala Harris and Minnesota Gov. Tim Walz, breaking with its past practice of not formally supporting any political candidates.

The historic endorsement of the Democratic presidential ticket is the first for the civil rights group, which formed in 1929 to protect the rights of Americans of Mexican descent. LULAC leaders announced the endorsement first to NBC News and plan to join Harris and Walz at a rally in Las Vegas on Saturday.

The endorsement was made through its political action committee, the LULAC Adelante PAC. LULAC is a nonprofit with a social welfare arm, and under federal tax law it cannot make political endorsements.

"We are proud to endorse Kamala Harris and Tim Walz because of the real issues facing Latino communities and all Americans across the nation; we can trust them to do what is right for our community and the country," Domingo Garcia, chairman of LULAC Adelante PAC and LULAC's immediate past president, said in a statement.

Not all members of LULAC have been or are Democrats, but the group's objectives have mostly aligned with Democrats in modern history. LULAC had been considering creating a PAC for a few years, the organization said. But the prospect of another Donald Trump presidency created an urgency to do it now, said LULAC CEO Juan Proaño.

"The politics of hate mongering and scapegoating Latinos and immigrants must be stopped," Garcia said in the statement.

"Latinos understand how much is at stake in this election, for not only our community but our democracy," he stated.

LULAC said its councils, essentially chapters based at the local level, will step up support for the Democratic ticket in key battleground states. LULAC has 535 councils and 140,000 members, 86% of whom are registered voters, LULAC said. The organization has not previously done national get out the vote work.

In a statement, Julie Chavez Rodriguez, Harris-Walz 2024 campaign manager, said the campaign was honored to earn LULAC's endorsement.

Kamala Harris, Tim Walz, and Michigan Governor Gretchen Whitmer at a campaign rally in Detroit on Wednesday, August 7. Photo by Adam J. Dewey

"They've never backed away from the fight for the communities they represent, and Vice President Harris has never stopped fighting to create opportunities for Latino families," she said. She listed lowering health care costs, increasing funding for Latino students and small business owners and addressing "the plague of gun violence."

With the threat to Latinos of Trump and Project 2025, a conservative coalitions' blueprint for a second Trump presidency, "the stakes of this election require Latinos to unify and organize together like our lives depend on it," said Chavez Rodriguez, who is the granddaughter of civil rights leader Cesar Chavez.

Proaño said LULAC invited President Joe Biden and Trump to its annual conference in July this year. The Trump campaign never replied. Biden, who was then the presumptive Democratic nominee, was unable to attend, but Harris sent a videotaped message.

cont. on pg.7

Did You Know?

The 2025 Mandate for Leadership, written by the Heritage Foundation, is a mandate for the first 180 days in office for a conservative presidency.

Project 2025 plans to repeal parts parts of the Victims Protection Reauthorization Act of 2008 to allow for the large-scale use of detention facilities to mass incarcerate migrants. See more on pages 8-9 of this issue.

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"¿Sentiste el terremoto político de agosto?"

Southwest Detroit Celebrates National Night Out

Photos by: Jesse Gonzalez and Detroit Police Media Relations

Due to expected rainfall on Tuesday, August 6 (the annually scheduled day for National Night Out) the Fourth Precinct of the Detroit Police Department moved to postpone the festivities until the next day Wednesday, August 7.

The Fourth Precinct's National Night Out was held at Southwest Detroit's beloved Clark Park, one of the oldest and most well used parks in the city. Between the hours of 4pm and 8pm, the community showed up in numbers to partake in festivities presented by the Fourth Precinct Neighborhood Police Officers.

There were bounce houses where children were able to enjoy defying gravity, but the main attraction was face painting. Children and parents alike stood in line, patiently waiting to have themselves decorated by DPD's volunteer community make-up artist.

The Detroit Police Department Mounted Police showed up with a horse in tow, as well as canine officers with their dogs. The children enjoyed petting the animals and many pictures were taken with them.

In addition to the attractions, a DJ provided music to keep everyone entertained and the Neighborhood Police Officers operated the grill. Hotdogs, potato chips and water were provided for everyone.

Shelley Holderbaum, Commander of the Fourth Precinct, and Captain Brandon Lewis both believe that this event is very important not just to the community, but to the officers as well. It gives everyone a chance to come together and enjoy each other's company bridging any gaps or misunderstandings. Commander Holderbaum also feels that the Fourth Precinct has the most supportive community in regard to the police citywide. "National Night Out is my favorite community event because it is geared towards children and families," said Commander Holderbaum. "It is important to let the community know that the officers are here to help and protect them."

Detroit Police Commander Shelley Holderbaum (L), Amaury Gutierrez (C), Jesse Gonzalez

(L-R) Alexis Kellogg, Corporal Garret Taylor, Sgt. Manny Gutierrez, Commander Shelley Holderbaum

Commander Shelley Holderbaum surrounded by neighborhood kids

Planet Detroit's Isabelle Tavares (L) and Amaury Gutierrez with Mounted Police

(L-R) Isabelle Tavares with Detroit Police Commander Shelley Holderbaum

Detroit Police officers participating in the festivities

MHCC Awards Grants

Con't from pg. 1

"We're excited to collaborate with the Michigan Hispanic Chamber of Commerce to provide cash grants and certified small business mentors to help entrepreneurs elevate their small business," said Sharu Goodwyn, Community Investment Senior Manager for The ODP Corporation. "With support from our associates, community partners, and other like-minded businesses, we look forward to fostering additional opportunities for underserved small business owners to innovate, grow, and prosper."

The small businesses and owners who received grant awards in this round include:

1) Befit Runners by Coach Anakarina LLC, Ana Karina Pina – Troy
2) Aztech LLC, Angel J. Barreto Cruz - Grand Rapids
3) Pizca Chile LLC, Alejandra Tamez Guzman - Oxford
4) Aurora International Foods LLC, Reyna Masko - Grand Rapids
5) Lupita Guzman LLC, Healthy Path for Life, Lupita Guzman - Novi
6) Union Food Group, Ana Marin Quintero - Shelby Twp

To learn more about Elevate Together®, visit www.ElevateTogether.org.

The Michigan Hispanic Chamber of Commerce promotes economic advancement, growth, and sustainability for its members by enabling access to business opportunities and developmental resources through strategic initiatives.

Established in March 1989, MHCC is a 501 (c)(6) nonprofit business association governed by a Board of Directors representing the diversity of its membership's businesses. For more information, please visit www.mhcc.org.

MHCC otorga subvenciones

Con't de pg. 1

"Estamos entusiasmados de colaborar con la Cámara de Comercio Hispana de Michigan para proporcionar subvenciones en efectivo y mentores certificados para pequeñas empresas para ayudar a los empresarios a elevar su pequeña empresa", dijo Sharu Goodwyn, Gerente Senior de Inversión Comunitaria de The ODP Corporation. "Con el apoyo de nuestros asociados, socios comunitarios y otras empresas de ideas afines, esperamos fomentar oportunidades adicionales para que los propietarios de pequeñas empresas desatendidas innoven, crezcan y prosperen".

Las pequeñas empresas y propietarios que recibieron subvenciones en esta ronda incluyen:

1) Befit Runners by Coach Anakarina LLC, Ana Karina Pina – Troy
2) Aztech LLC, Angel J. Barreto Cruz - Grand Rapids
3) Pizca Chile LLC, Alejandra Tamez Guzman - Oxford
4) Aurora International Foods LLC, Reyna Masko - Grand Rapids
5) Lupita Guzman LLC, Healthy Path for Life, Lupita Guzman - Novi
6) Union Food Group, Ana Marin Quintero - Shelby Twp

Para obtener más información sobre Elevate Together®, visite www.ElevateTogether.org.

La Cámara de Comercio Hispana de Michigan promueve el avance económico, el crecimiento y la sostenibilidad de sus miembros al permitir el acceso a oportunidades comerciales y recursos de desarrollo a través de iniciativas estratégicas.

Establecida en marzo de 1989, MHCC es una asociación comercial sin fines de lucro 501 (c) (6) gobernada por una Junta Directiva que representa la diversidad de las empresas de sus miembros. Para obtener más información, visite www.mhcc.org.

La división ideológica se profundiza en Venezuela

De Michigan News

ANN ARBOR—Venezuela se encuentra en un punto crucial tras su reciente elección presidencial, en la que Nicolás Maduro aseguró su posición en medio de una significativa agitación económica y social. Esta elección destacó una profunda brecha ideológica dentro de la nación, más allá de los propios candidatos.

El liderazgo continuo de Maduro tendrá consecuencias significativas para la estabilidad interna de Venezuela y sus relaciones en el escenario global, especialmente con países clave como Estados Unidos y los países vecinos en América Latina.

Edgar Franco-Vivanco es profesor asistente de ciencia política en la Universidad de Michigan. Su trabajo abarca la política latinoamericana, la economía política histórica, la violencia criminal y la política indígena.

¿Cuál es el significado de la reciente victoria de Maduro para Venezuela?

Venezuela es, según cualquier métrica, un régimen autoritario. Nicolás Maduro ha estado en el poder por más de una década y ha sido reelegido para un tercer mandato en una elección cuestionable, por decir lo menos. En los últimos años, su régimen ha estado limitando la oposición política y varios derechos de los venezolanos.A diferencia de su predecesor, Hugo Chávez, Maduro carece de carisma y de la ventaja de ingresos estables provenientes del petróleo. Esta es una de las razones por las que su régimen ha recurrido cada vez más a la represión para mantener el poder. Como resultado, muchos venezolanos han huido del país, causando una de las mayores diásporas en la región.

Esta tercera reelección es clave para Venezuela porque Maduro busca consolidar su mandato y eliminar a la oposición, que sorprendentemente sigue siendo muy vibrante en el país. Antes de la elección, la oposición esperaba que los resultados fueran favorables para ellos que Maduro no tendría más remedio que conceder. Aunque es imposible conocer el verdadero resultado de la elección debido a la falta de transparencia en el sistema electoral, hay muchas indicaciones de que el candidato de la oposición, Edmundo González, ganó la elección. Sin embargo, el problema es que las elecciones no fueron transparentes ni justas de ninguna manera.

¿Qué movimientos o cambios sociales podrían surgir como resultado?

Ya hemos visto varias protestas en respuesta a los resultados. Los partidarios de la oposición están frustrados y enfadados, creyendo que esta era una de sus mejores oportunidades para derrotar al régimen. Recuerden que para esta elección, muchos partidos de la oposición se unieron en una alianza sin precedentes. Un resultado muy probable es que muchos de esos líderes y partidarios de la oposición abandonen Venezuela para siempre después de presenciar el fracaso de su mejor oportunidad para derrotar a Maduro y al chavismo.

La respuesta del régimen no sorprende. Maduro controla el ejército, la policía, los servicios de inteligencia, los grupos paramilitares y el poder judicial, y utilizarán la represión y la

violencia para contener las protestas. La pregunta aquí es cuánto tiempo pueden soportar las protestas esta represión política. Desafortunadamente, ya hemos visto violencia en las calles de Venezuela. El régimen también ha respondido con una ola de arrestos para intimidar a líderes políticos y activistas. Más recientemente, Maduro bloqueó el uso de la plataforma X. El grado de moderación en esta violencia probablemente dependerá de la presión internacional.

Hay otro elemento en juego: el apoyo continuo de las fuerzas armadas. Hasta ahora, las fuerzas armadas han apoyado a Maduro casi incondicionalmente. Esto no es sorprendente, ya que el régimen se ha construido en torno a proporcionar beneficios a los líderes militares. Sin embargo, pueden volverse en su contra bajo ciertas circunstancias, particularmente si se les otorga amnistía en un período de transición.

cont en www.elcentralmedia.com

Ideological divide deepens in Venezuela

From Michigan News

ANN ARBOR—Venezuela stands at a pivotal point after its recent presidential election, where Nicolás Maduro secured his position amid significant economic and social turmoil. This election highlighted a profound ideological rift within the nation, beyond just the candidates themselves.

Maduro's ongoing leadership will have significant consequences for Venezuela's internal stability and its relationships on the global stage, especially with key players like the United States and neighboring countries in Latin America.

Edgar Franco-Vivanco is an assistant professor of political science at the University of Michigan. His work encompasses Latin American politics, historical political economy, criminal violence and indigenous politics.

What is the significance of the recent win for Venezuela with Maduro?

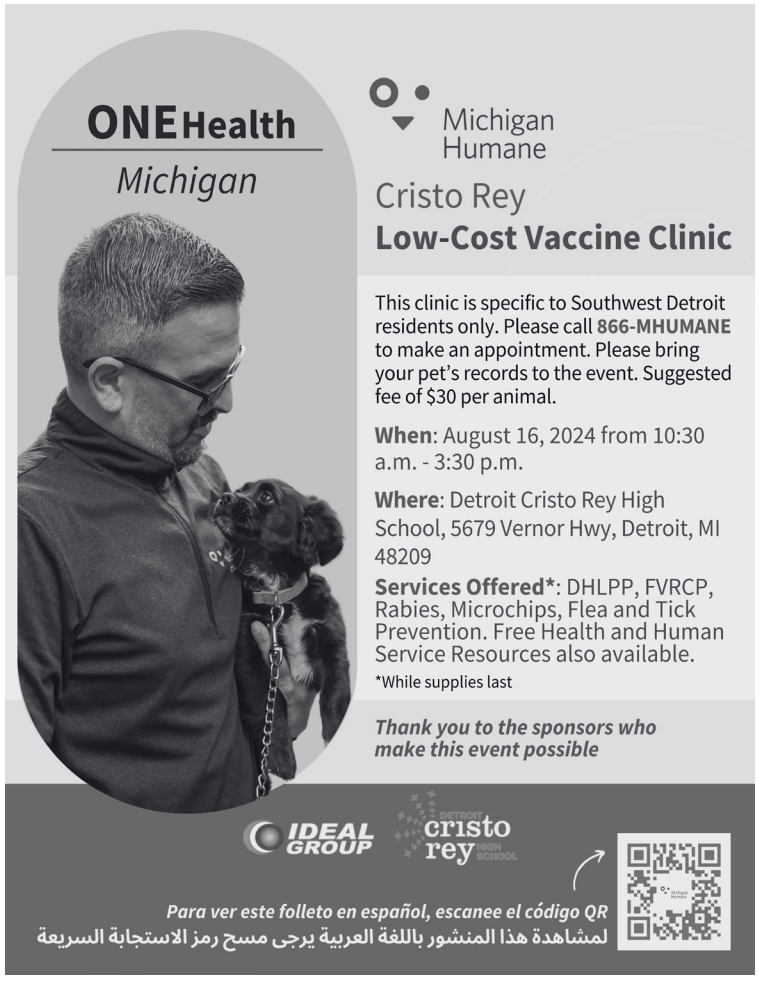
Venezuela is, by any metric, an authoritarian regime. Nicolás Maduro has been in power for over a decade and has now been reelected for a third term in a highly questionable election, to say the least. Over the past years, his regime has been limiting political opposition and various rights for Venezuelans. Unlike his predecessor, Hugo Chávez, Maduro lacks charisma and the advantage of stable income from high oil prices. This is one of the reasons why his regime has increasingly relied on repression to maintain power. As a result, many Venezuelans have fled the country, causing one of the largest diasporas in the region.

This third reelection is key for Venezuela because Maduro is seeking to consolidate his mandate and eliminate the opposition, which surprisingly remains very vibrant in the country. Before the election, the opposition hoped that the results would be so overwhelmingly favorable to them that Maduro would have to concede. Although it is impossible to know the true result of the election due to the lack of transparency in the electoral system, there are many indications that the opposition candidate, Edmundo González, won the election. However, the problem is that the elections were not transparent nor fair by any account.

What social movements or changes might arise as a result?

We have already seen several protests in response to the results. Opposition supporters are frustrated and angry, believing this was one of their best chances to defeat the regime. Remember that for this election, many opposition parties came together in an unprecedented alliance. A very likely outcome is that many of those opposition leaders and supporters will leave Venezuela for good after witnessing the failure of their best chance to defeat Maduro and the Chavismo.

cont on www.elcentralmedia.com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Special World's Cultures

Mexican Cinema

Although the Mexican film industry does not have as much popularity as the American Hollywood industry, however, at the end of the 19th century by order of former president Porfirio Díaz, who closely followed international innovations in order for Mexico to position itself as one of the world's powers, film productions began in Mexico.

Porfirio Díaz, upon becoming aware of the development of the Lumière brothers, considered it appropriate that Mexico not be left behind. Thus, in 1896 he arranged for Gabriel Veyre and Claude Ferdinand Von Bernard to come to Mexico not only with the purpose of presenting the new invention, but also to carry out the first mexican productions.

In this period of 1896, 35 short documentaries were filmed that lasted just some seconds. In one of these films, Porfirio Díaz himself appeared riding a horse in the Chapultepec forest. They called this tape of just 30 seconds: "Le président en promenade." This recording was premiered in August 1896 at the Chapultepec Castle and there is still a record and can even be found on the internet.

After this, it was in 1916 when the first feature film titled: ¡Los libertadores de México!

Mexican cinema followed a school that perhaps without much thought was started by former president Porfirio Díaz, as the reaffirmation of what is Mexican as a national unified identity.

In 1929, the short film "El inocente" was released, which was considered as a sound film, even when the audio was not recorded along with the tape, so that the audios were played synchronously with many dissociations.

In 1932, with the film: "Santa", the first sound film that was filmed with audio was released. Thus, Mexico was the first country in Latin America to film a feature-length sound film with the optical system Rodríguez Sound Recording System, the Mexican sound system, by Joselito Rodríguez.

Then, there was the period of the Golden Age of Mexican Cinema, which was from 1936 to 1956.

This peak of splendor for Mexican cinematography premiered with the film: "Allá en el Rancho Grande" in 1936.

One of the characteristics of Mexican golden cinema was the music, which meant that during the film were songs that past down in the history of Mexican ranchera music.

In the golden cinema, the brave Mexican was portrayed, with tequila, mariachi and serenades, a man that carry a gun and was romantic, following,

however, the values of the chivalry of the Spanish golden centuries with his works of tangles, skirts and swords; Now, tangles, weapons and skirts.

The Mexican golden cinema also portrayed the change of women in the society of the time, from a selfless woman to a strong woman like La Doña María Félix and Lola Beltrán.

With a cast including Pedro Infante, Jorge Negrete, La Doña María Félix, Sara García, Tin Tán, Mauricio Garcés, Flor Silvestre, Dolores del Río, Emilio El Indio Fernández, Antonio Aguilar, Lola Beltrán. Stories that portrayed the values of the new Mexican society of the capital, the province and rural life were brought to the big screen.

Sigue cada semana en
EL CENTRAL Hispanic News
ESPECIAL CULTURAS DEL MUNDO,
by Mariana Ayón RV

ESPECIAL CULTURAS DEL MUNDO

Cine mexicano

Cine mexicano

Si bien, la industria del cine mexicano no cuenta con tanta popularidad como la industria estadounidense de Hollywood, no obstante, a finales del siglo XIX por mandato del expresidente Porfirio Díaz, quien seguía de cerca las innovaciones internacionales en aras de que México se colocara como una de las potencias del mundo, las producciones cinematográficas comenzaron en México.

Porfirio Díaz, al darse por enterado del desarrollo de los hermanos Lumière, consideró apropiado que México no se quedara atrás. Siendo así, en 1896 logró que Gabriel Veyre y Claude F. Von Bernard vinieran a México no sólo con el propósito de presentar el nuevo invento, sino también de llevar a cabo las primeras producciones.

En este periodo de 1896 se filmaron 35 documentales cortos que alcanzaban una duración de apenas algunos segundos. En una de estas filmaciones apareció el mismo Porfirio Díaz paseando a caballo en el bosque de Chapultepec; a esta cinta de apenas 30 segundos la llamaron: "Le président en promenade". Esta grabación fue estrenad en agosto de 1896 en el Castillo de Chapultepec y aún se tiene registro e incluso se puede encontrar en internet.

Posterior a esto, fue en 1916 cuando se filmó el primer largometraje titulado: ¡Los libertadores de México!

El cine mexicano seguía una escuela que quizá sin mucho pensarlo inició el expresidente Porfirio Díaz, la reafirmación de lo mexicano como identidad nacional.

En1929 se estrena el cortometraje: "El inocente", que se consideraba sonoro, incluso cuando el audio no fue grabado junto con la cinta, de manera que los audios se reproducían de manera sincronizada.

En 1932, con la película: "Santa", sale el primer largometraje sonoro que se filma con audio. Siendo así México el primer país de Iberoamérica en filmar un largometraje sonoro con el sistema óptico Rodríguez Sound Recording System, el sistema sonoro mexicano, de Joselito Rodríguez.

Luego, se dio el periodo de la Época de Oro del Cine Mexicano, que fue de 1936 a 1956. Este auge de esplendor para la cinematografía de México se estrenó con la película: "Allá en el Rancho Grande" en 1936. Una característica del cine de oro mexicano fue cine musical, es decir, gran parte de la película contenía canciones que pasaron a la historia de la música ranchera mexicana.

En el cine de oro se retrató al mexicano valiente, de tequila, mariachi y serenatas, un hombre de armas y romántico, siguiendo, si bien, los valores de la caballería de los siglos de oro español con sus obras de enredos, faldas y espadas, ahora, enredos, armas y faldas.

El cine de oro mexicano retrató también el cambio de la mujer en la sociedad de la época, una mujer abnegada a una mujer fuerte como La Doña María Félix y Lola Beltrán.

Con un elenco entre los que destacaron Pedro Infante, Jorge Negrete, La Doña María Félix, Sara García, Tin Tán, Mauricio Garcés. Se llevaron a la pantalla grande historias que retrataban los valores de la nueva sociedad mexicana de la capital, de la provincia y de la vida rural.

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EL CENTRAL
Hispanic News

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MICHIGAN LOTTERY™

Oldest Latino civil rights group announces its first presidential endorsement for Harris-Walz

Con't from pg. 1

"Outreach communication and engagement with Harris since she became the nominee has been impressive. I got three phone calls in a week [from the campaign] on the Latino community," Proaño said.

Biden won the majority of Latino voters in 2020, but polls were showing a decline in support this year.

While historically LULAC has not endorsed candidates, its members have at times weighed in on political races. In 1956, LULAC President Felix Tijerina personally endorsed the Eisenhower-Nixon ticket. LULAC members were active in Viva Kennedy clubs in 1960 and members have supported local Mexican American candidates, such as El Paso Mayor Raymond Telles.

Kamala Harris and Tim Walz at a campaign rally in Detroit on Wednesday, August 7. Photo by Adam J. Dewey

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Michigan Lottery: More than $28 Billion to Support Public Education Since 1972

Every time you play the lottery, it's a win for Michigan. Every Lottery purchase benefits K-12 education, gives a lift to local businesses, and supports companies that employ Michigan residents.

About 97 cents of every dollar spent on Lottery tickets is returned to the state in the form of contributions to the state School Aid Fund, prizes to players, and commissions to vendors and retailers. For every $1 spent on Lottery tickets, 27 cents goes to the state's School Aid Fund, 61 cents goes to prizes for players, and 9 cents goes to retailer and vendor commissions. Over the last five years, retailers throughout the state, many of which are small independently owned businesses, have collected nearly $1.7 billion in commissions.

Since it began in 1972, the Lottery has contributed more than $28 billion to support public education in Michigan. For the most recent year, the Lottery's contribution to the School Aid Fund topped $1 billion for the fifth consecutive year. Michigan's K-12 public school system serves about 1.4 million students. Funding provided by the Lottery is equal to more than $920 for each student who attends a K-12 public school, or more than $3.5 million each day for schools throughout the state.

In addition to helping provide funding for public education in Michigan, the Lottery also has established the Excellence in Education program to recognize outstanding educators.

Every week during the school year, the Michigan Lottery selects one outstanding educator to receive the Excellence in Education award. Each weekly award winner receives a cash prize, receives a plaque, and is featured in their own news segment featured on news stations throughout the state.

At the end of the school year, the Michigan Lottery selects one weekly winner to receive the Lottery's Educator of the Year award and a $10,000 cash prize.

All public-school employees may be nominated for the Excellence in Education awards. To learn more about the Excellence in Education program, please visit https://www.michiganlottery.com/excellence-in-education.

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The Battle Ahead: Latino Civil Rights vs. Project 2025

Prepared by Adriana Varea, Ari Kittrie, and Joaquin Macias, LULAC Policy and Legislation Fellows

The 2025 Mandate for Leadership, The Conservative Promise, more publicly recognized as "Project 2025" is a roadmap for the first 180 days in office for a conservative presidency. It was drafted by The Heritage Foundation, which is a right-leaning, conservative think tank based in Washington, D.C. charged with crafting policies that align with the Republican party. The Heritage Foundation gave the first Mandate for Leadership to Reagan to "repair the executive branch" after Jimmy Carter's presidency.

Former President Trump has recently distanced himself from Project 2025 by tweeting:

> "I know nothing about Project 2025. I have no idea who is behind it. I disagree with some of the things they're saying and some of the things they're saying are absolutely ridiculous and abysmal. Anything they do, I wish them luck, but I have nothing to do with them." (@realDonaldTrump)

However, this was refuted by a 2022 statement from former President Trump:

> "[The Heritage Foundation] is a great group, and they're going to lay the groundwork and detail plans for exactly what our movement will do and what your movement will do when the American people give us a colossal mandate to save America." (Bennen, 2024)

Additionally, several authors, editors, and contributors of Project 2025 have previously worked for the Trump administration. Roughly 64% of policy recommendations from the 2016 Mandate for Leadership were either implemented or taken into consideration by the Trump Administration in 2017 (The Heritage Foundation).

In this article, we will outline ten specific ways in which Project 2025 disproportionately negatively impacts Latino civil rights.

1. Establish a Unitary Executive Branch

"The modern conservative President's task is to limit, control, and direct the executive branch. This challenge is created and exacerbated by [...] the inability to hold career civil servants accountable for their performance." (Project 2025, pg. 43)

Project 2025 proposes giving the president more power in the Executive Branch by reclassifying civil servants as political appointments (pg. 43). The main difference between the two is that political appointees can be more easily fired by the president than civil servants. This means the president will have the authority to remove any federal employee with ease. One of the roles of civil servants is to provide support for people using public services. Should this role become partisan, support will not be equally distributed, and the gap between people of color and white people will increase even more than it already is. This role will impact departments like the U.S. Census, which will contribute to the misrepresentation faced by Latinos in the U.S. For example, Project 2025 hopes to incorporate a citizenship question into the US Census, and also reform the Office of Management and Budget "Standards for Maintaining, Collecting, and Presenting Federal Data on Race and Ethnicity" (pg. 680).

2. Mass Deportations

"Prioritizing border security and immigration enforcement, including detention and deportation, is critical if we are to regain control of the border." (Project 2025, pg. 135)

Project 2025 plans to repeal parts of the Trafficking Victims Protection Reauthorization Act of 2008 to allow for the large-scale use of detention facilities to mass incarcerate migrants. It also will change Title 8 of U.S. Code § 1226 to require mandatory detention for unauthorized migrants caught within the U.S. interior (pg. 150). To compound this, Project 2025 will also increase Immigration and Customs Enforcement (ICE) capabilities by removing all sensitive zones where ICE personnel are prohibited from operating, allowing for raids in schools, churches, and businesses (pg. 142).

Project 2025 calls to authorize state and local law enforcement to participate in immigration and border security actions (pg. 150). Through deputizing local law enforcement, there will be a lack of oversight and accountability, allowing for abuses of the system that would disproportionately hurt the Latino community. Additionally, Latinos would have a more difficult time receiving impartial hearings and legal representation, especially because detainees are not entitled to public defenders as criminal defendants are. To compound upon this, the Supreme Court Case Loper Bright Entreprises vs. Raimondo, which repealed the Chevron Deference, has the potential to take immigration hearings away from the United States Immigration and Citizenship Services and shift them to the local courts. These local courts notoriously have long backlogs and a limited understanding of immigration policies and laws, which would force Latinos to have long and unjust trials.

3. Cutting Off Legal Immigration

"Victimization should not be a basis for an immigration benefit." (pg. 144) "If CISOMB continues as a DHS component, a policy should be issued that prohibits CISOMB from assisting illegal aliens to obtain benefits. Currently, approximately 15 percent–20 percent of CISOMB's workload consists of helping DACA applicants obtain and renew benefits, including work authorization. This is not the role of an ombudsman." (Project 2025, pg. 166)

Project 2025 proposes to cut down on legal immigration by limiting interim immigration into the United States. For example, it calls for an increase in visa application fees. It plans to limit the issuance of H-2A and H2-B visas for seasonal agricultural workers, as well as the complete elimination of T and U visas meant to protect trafficking or crime victims who are actively cooperating with law enforcement as a witness (pg. 612, 141). Project 2025 calls to remove and deport all Temporary Status designations for migrants whose home countries are considered unsafe to live in (pg. 145). Finally, Project 2025 will phase out DACA for the over 500,000 recipients by eliminating staff time for reviewing and processing renewal applications which will make it very hard for DACA recipients to renew their status given the proposed lack of staff present to do so (pg.145).

4. Making Federal Funding & Benefits Contingent on Immigration Laws

"All applicants and potential recipients of such grant funding should be required to meet certain preconditions for eligibility [...] or should simply be considered ineligible for funding." (Project 2025, pg. 138)

Project 2025 will require that applicants for Federal Emergency Management Agency grants honor all aspects of federal immigration law (pg. 137-138). It will also mandate that employers use E-Verify, a web-based system letting employers confirm the eligibility of their employees to work in the US (pg. 149). Because E-Verify is not routinely updated, it would leave legal immigrants whose paperwork is under review to be classified as undocumented and treated as such. Project 2025 will prohibit noncitizens, including mixed-status families, from living in all federally assisted housing (pg. 509). Finally, it will deny student loan access to students at schools that provide in-state tuition to individuals who lack immigration status (pg. 167).

Similarly, under the Department of Homeland Security, Project 2025 calls for "immediately ending CISA's counter-mis/disinformation efforts," which would promote propaganda targeting Latinos as PBS reported that the Latino community is the most vulnerable for mis/disinformation (pg. 155).

5. Criminalization of Reproductive Rights

"From the moment of conception, every human being possesses inherent dignity and worth, and our humanity does not depend on our age, stage of development, race, or abilities. The Secretary must ensure that all HHS programs and activities are rooted in a deep respect for innocent human life from day one until natural death: Abortion and euthanasia are not health care." (Project 2025, pg. 450)

According to the Kaiser Family Foundation, in 2022 approximately 18% of Latinos do not have health insurance, and those who do are often underinsured. Women's clinics are often the only entry-point to health care that Latinas are able or willing to utilize. CDC reports that Latinas had the second highest abortion rate in 2021 at 12.3%, trailing behind Black women at 28.6%. Restrictions on abortions would negatively hurt women of color more so than their white counterparts, but especially Latinas who have a greater population within child-bearing years and on average younger are than other demographics. This makes them more at risk than other racial or ethnic groups.

Project 2025 plans to have the FDA reverse its approval of chemical abortion drugs such as mifepristone and make it illegal to mail abortion medication (pg. 485). This would restrict the use and distribution of abortion medication. It also calls for the institution of a National Abortion Database that would require states to report how many abortions occur, when and what time, gestational age of the child, mother's state of residence, and by what method (pg. 455). Project 2025 plans to restore the ethics advisory committee to oversee abortion-derived fetal tissue research, resulting in an eventual ban on research using fetal tissue (pg. 461). Finally, Project 2025 will withdraw up to 10% of Medicaid funds from states that require private insurance policies to cover abortions (pg. 472).

6. Dismantle the U.S. Department of Education

"For the sake of American children, Congress should shutter it and return control of education to the states. Short of this, the Secretary of Education should insist that the department serve parents and American ideals…" (Project 2025, pg. 285-286)

Project 2025 plans to give states total control of school curriculum, allowing them to teach alternative and backwards history of a "color-blind" America, thus eradicating the history and contributions of Latinos in the US (pg. 285-286). Additionally, it calls to restore student loans to the private sector, which disproportionately impacts the Latino community as Latinos have the second highest rate of student loan debt. This would prevent future student loan forgiveness and end income-driven repayment plans in the name of offering more competitive student loans (pg. 320).

7. Social Program Cuts and "Reforms"

"The next Administration should: Re-implement work requirements. l Reform broad-based categorical eligibility. Re-evaluate the Thrifty Food Plan. Eliminate the heat-and-eat loophole." (Project 2025, pg. 300-301)

27% of SNAP recipients are Latino, and Project 2025 calls to increase SNAP requirements by re-implementing work requirements, eliminating categorical eligibility, and disregarding other expenses when determining eligibility for SNAP (pg. 299). Through creating harsher work requirements, Latinos, who traditionally work in unstable careers like agriculture and construction, would negatively feel the effect of these changes more so than other demographics. Additionally, eliminating categorical eligibility would make the process to apply for SNAPs more difficult to navigate.

Project 2025 plans to reduce the budget of the Temporary Assistance for Needy Families program, including the elimination of the Head Start program as it reads "Head Start, originally established and funded to support low-income families, is fraught with scandal and abuse" (pg.476, 482). Latinos make up 37.3% of TANF recipients, as well as 37% of Head Start kids are Latino.

Project 2024 plans to eliminate the Community Eligibility Provision to bar millions of children from receiving free meals (pg. 302-303). It also calls to re-evaluate the Thrifty Food Plan, which would reverse Biden's budget increases thereby drastically reducing SNAP benefit amounts (pg. 300).

8. Repeal Vital Protections for Latino-Dominated Industries

"Agencies should [...] base federal procurement decisions on the contractors that can deliver the best product at the lowest cost. Congress should [...] allow markets to determine market wages." (Project 2025, pg. 604)

According to the Bureau of Labor Statistics, Latinos make up the majority percentage of positions that are classified as "outdoor labor," which means that a lack of protections would physically harm the community. Project 2025 calls for the repeal of the Federal Sugar Program, which subsidizes domestic sugar production and removes protections for laborers from foreign producers. This could domino into ending subsidies for other crops, like tobacco, maize, or cotton which affects Latinos more so than other communities (pg. 296). It also plans to end the Project Labor Agreement, which will decrease diversity and support for equitable workforce development and disregard worker health and safety on the job in the construction industry (pg. 604). Finally, Project 2025 will repeal the Davis-Bacon Act, which is an attack on unionized labor as it enables wage reductions and exploitation within the construction industry (pg. 604).

9. Refocus Environmental Policy Away from Climate Change

"EPA's structure and mission should be greatly circumscribed to reflect the principles of cooperative federalism and limited government. This will require significant restructuring and streamlining of the agency..." (Project 2025, pg. 420)

By restructuring and limiting the scope of the EPA, the government's ability to combat climate change and pollution would be greatly restricted. Project 2025 wants to shrink the role and power of the Environmental Protection Agency, eliminate its "superfluous" programs, and give states more control of their environmental policy (pg. 420). The EPA would be run by political personnel, which allows for personal bias and alliance to a political party to impact the guidance and regulations upheld by the EPA.

Project 2025 calls for the dismantling of agencies such as the National Oceanic and Atmospheric Administration, the National Weather Service, and the National Marine Fisheries Service. This will force the privatization of weather services and prevent the outdoor labor force from being prepared for their work. It will stop the war on oil & gas by removing prohibitions on oil drilling, funding major natural gas pipelines, funding oil pipelines to promote American energy dominance (pg. 365). Project 2025 calls to dismantle the National Flood Insurance Program (NFIP) in favor of private insurance. This will make it harder for Latino homeowners, especially in cities like Miami, Houston, and Los Angeles to afford insurance and further increase the homeownership gap (pg. 154).

10. End Diversity, Equity, and Inclusion Initiatives

"Family policies and programs under President Biden's HHS are fraught with agenda items focusing on "LGBTQ+ equity," subsidizing single-motherhood, disincentivizing work, and penalizing marriage. These policies should be repealed and replaced by policies that support the formation of stable, married, nuclear families." (Project 2025, pg. 451)

Project 2025 calls for the abolition of diversity, equity, and inclusion (DEI) initiatives, which would disproportionately negatively impact the Latino community through creating greater barriers to entry in spaces of education, the workforce, and other areas needed for economic prosperity (pg. 258). Additionally, this will cause civil rights issues to be addressed through litigation, rather than on an administrative level. It will make adjustments to Title IX to remove protections set in place by the Biden Administration to protect LGBTQ+ individuals from discrimination in education spaces (pg. 33). Finally, Project 2025 will refocus on the "nuclear family"- a family consisting of a married mother and father and their biological children- by repealing policies focused on LGBTQ+ equity, subsidizing single parents, and that penalize the institution of marriage (pg. 451).

LEAGUE *of* UNITED LATIN AMERICAN CITIZENS

League of United Latin American Citizens (LULAC) is the largest and oldest Hispanic organization in the United States. LULAC advances the economic condition, educational attainment, political influence, housing, health, and civil rights of Hispanic Americans through community-based programs operating at more than 525 LULAC councils nationwide. The organization involves and serves all Hispanic nationality groups.

Wolverines Getting Ready For Season !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

Photos provided by the University of Michigan Wolverines Athletic Department

The National Champions University of Michigan Wolverines are getting ready for the 2024 season.

The Wolverines are under new head coach Sherrone Moore.

This is the first year that the Big House will be offering alcohol to be sold during games.

The #9 Wolverines will be hosting Fresno State Bulldogs, under the lights at the Big House, Saturday, August 31st, at 7:30 pm (NBC).

The Wolverines have invited former Wolverines head coach Jim Harbaugh to return for the first game, as honorary Captain.

The Wolverines host the #4 Texas Longhorns at the Big House, on Saturday, September 7th, at 12:00 pm.

Photos below are highlights from previous University of Michigan Wolverines home games

Former Wolverines head coach Jim Harbaugh, will return to the Big House to be honorary Captain for the first game of the 2024 season

The University of Michigan Wolverines will be hosting Fresno State Bulldogs, at the Big House, under the lights on Saturday, August 31st, at 7:30 pm (NBC)

Wolverines practicing for upcoming season

Wolverines practicing for upcoming season

Wolverines practicing for upcoming season

Wolverines practicing for upcoming season

Winless Woes Continue In The Desert

EL CENTRAL HISPANIC NEWS
Pateando la No. 5
SPORTS

David Levine
EL CENTRAL

Last Saturday night, Detroit City FC went to the hottest location in the USL Championship to take on one of the hottest teams in the league. The Las Vegas Lights boosted their unbeaten run to eleven games with the 1-1 draw against Le Rouge. For DCFC, the hard-fought draw extended their winless run to seven games and cost them another spot in the Eastern Conference standings as they fell to seventh. They only lead ninth place North Carolina by two points.

Coach Danny Dichio made seven changes to the team that started a disappointing midweek draw with Pittsburgh. That goalless affair barely warrants a mention, except to note that it was two more points dropped in front of a big crowd at home. At least in that game the team had not pulled ahead first, only to concede late. Having scored first in Las Vegas and then settled for a draw, DCFC has now dropped seventeen points from winning positions. Holding on to just five of those seventeen points would have the club in fourth place.

Defensively, the team has been solid enough. Carlos Saldana started in goal to give Nate Steinwascher a night off and did his best to earn a win. He made a terrific save on the last shot of the game to guarantee a point when it could so easily have been none. However, Dichio will have to question his defenders after they eased off on Grayson Doody when he had too much time to float in a ball that Khori Bennett turned in for the equalizer. The center backs frantically hoped for an offside call that wasn't coming as the hosts celebrated.

In the first half, DCFC took the lead on a stroke of good fortune. Ben Morris intercepted a terrible back pass, wheeled and lobbed Vegas goalkeeper Raiko Arozarena from forty yards. Arozarena played a risky game the whole night, staying well off his line. It was too bad Morris and the rest of the team couldn't take advantage of his aggressive positioning. Other than the Morris goal, a blistering shot from Connor Rutz that went straight at Arozarena was the only shot DCFC took.

Friday night, DCFC will be in Birmingham, Alabama to take on the Legion. The Legion are four points ahead of DCFC in the Eastern Conference table. They are one of the teams who have jumped over Le Rouge during this long winless streak. Rhode Island has also moved past DCFC as their good run of form continued with a comfortable 3-0 win over a Hartford team that also defeated DCFC 1-0 recently.

SPANISH SUMMER

Following up their superb win in the European Championships in July, Spain completed a double by claiming the men's gold medal at the Olympics in Paris. They defeated the hosts 5-3 in extra time after a classic battle between two of the big European powers. Spain had not won the gold medal since hosting the 1992 Olympics in Barcelona. France won the 1984 gold medal the last time the Olympics were in Los Angeles.

France got off to a fine start with a goal from Enzo Millot after just eleven minutes. That woke up the Spanish who responded with a barrage that turned into three goals in eleven wild minutes. The French just could get a foot on the ball. Fermin Lopez scored twice and Alex Baena added the third on a stunning free kick to silence the crowd. French coach Thierry Henry's team barely kept a foothold at halftime.

Whatever happened at halftime inspired the home team. Perhaps, Henry reminded the French that they had defeated Spain on this very field, the Parc des Princes, in the 1984 European Championship final. As the French pushed forward, the crowd rose to lift them further. Spain, a team containing no fewer than seven graduates of Barcelona's famed La Masia football academy, retreated deeper into their own end. It took until the seventy-ninth minute for the comeback to get rolling. Maghnes Akliouche pulled a goal back. That further ignited the crowd.

Amid a continuous roar of "Allez les Blues!" the French pressed on. Finally, three minutes into stoppage time, they earned a penalty kick when Benat Turrientes tackled Arnaud Kalimuendo during a corner in a way more fitting American football. Jean-Philippe Mateta put away the penalty and it was off to extra time. Sadly, France had exhausted all their energies during the second half and substitute Sergio Camello scored twice to seal a famous win.

Given the two wins this summer and the relative youth in the Spanish national team program, La Roja is set up for a long run of international success. They will certainly be among the favorites to win the World Cup in 2026, hosted by the USA, Mexico, and Canada. They can also look forward to the next European Championship and beyond.

USA WOMEN RETURN TO THE TOP

The United States' women's national team finally embarked on a generational change after the failure to progress past the last sixteen in the 2023 World Cup. Ahead of the Olympics though, few people thought they would make a gold medal run. A medal of any kind would have represented improvement and an important step forward under a new coach.

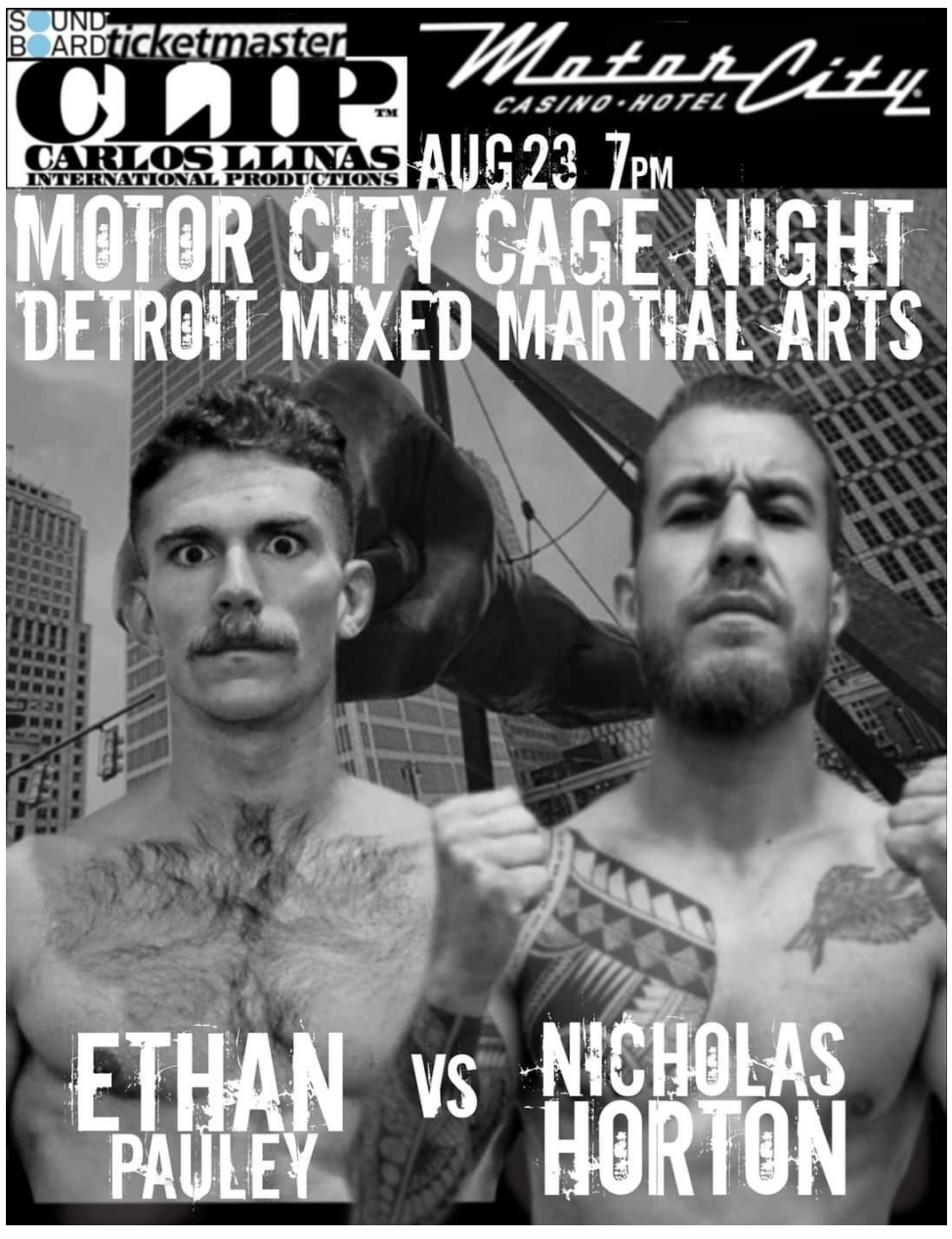
The new coach, Englishwoman Emma Hayes, clearly thought otherwise. She made the bold decision to drop striker Alex Morgan and turn the attack over to the self-named "Triple Espresso" unit of Trinity Rodman, Sophia Smith, and Mallory Swanson. That move turned into gold, literally. Each of the three scored three times during the run to the final, setting a great tone for the rest of the team.

Even though the attack won a lot of plaudits and gained notoriety for a couple of spectacular goals, the team's success rested on a rock solid defense and timely saves by an experienced goalkeeper. Naomi Girma has emerged as one of the best central defenders in the world. Whether in one-on-one duels or as the team builds out of the back, she demonstrated a maturity and power well beyond her limited international experience. Hayes hailed Girma as the best defender she has seen, which after winning five English titles in a row is quite something.

Quietly behind Girma has been Alyssa Naeher. The veteran goalkeeper had to wait for her chance to be the starter and will apparently only give up the spot when she decides. Naeher made crucial saves at crucial times in every game of the tournament. It appeared as if she was in her opponents' heads and they could not find a way to get past her.

Hayes only assumed the head coaching job in early June. She had four friendly games to install her tactics and win the confidence of the team. To step in with such a short amount of time and lead a team to a title in a grueling tournament with six games packed into two weeks is a remarkable accomplishment. She came in with a reputation as one of the top coaches in the world and only enhanced that with the gold medal. Now, she has three years to prepare for the 2027 World Cup. After this, imagine what this team might achieve with a longer buildup!

Upcoming Sporting Events



EDITORIAL OPINION

¿Sentiste el terremoto político de agosto?

Por José López Zamorano
Para La Red Hispana

A menos de tres meses de las elecciones presidenciales del 5 de noviembre y a unos días de la Convención Nacional Demócrata en Chicago, Estados Unidos registra un terremoto político.

La irrupción de Kamala Harris y Tim Walz en la escena política, tuvo el efecto de transformar la dinámica y tendencias electorales en la recta final del proceso político de 2024.

Un reciente sondeo de The New York Times y Sienna College muestra que la pareja demócrata registra ahora una ventaja en los cruciales estados de Pennsylvania, Wisconsin, a diferencia del déficit que experimentaban los demócratas con Joe Biden.

Harris y Walz siguen competitivos en Georgia, así como en Arizona, Nevada y Carolina del Norte. A nivel nacional, los demócratas ahora están ligeramente por encima de los republicanos, aunque la diferencia se mantiene dentro del margen de error de las encuestas.

Si la pareja demócrata termina ganando Michigan, Pensilvania y Wisconsin, sólo le faltaría un voto electoral en Nebraska para conseguir los 270 votos electorales necesarios para derrotar a Trump.

Politólogos coinciden que Harris y Walz podrían perder estados como Arizona y Nevada, donde el voto hispano tendrá un fuerte peso, y de cualquier manera ganar el colegio del Doral siempre y cuando ganen Michigan, Pensilvania y Wisconsin.

Organizadores políticos coinciden que la pareja demócrata ha reactivado el entusiasmo, entre algunos de los pilares históricos del partido demócrata, incluidos jóvenes, hispanos, afroamericanos y mujeres.

Así que no fue tan sorpresivo que bajo este panorama pesimista para la pareja de Trump y JD Vance, el expresidente finalmente haya aceptado proponer ahora tres debates presidenciales contra Kamala Harris.

De inmediato, la campaña de la vicepresidenta respondió que aceptaba sólo uno de los tres debates propuestos, es decir, que debatirán el 10 de septiembre, en la cadena ABC, sin público, presente en el foro, tal como lo habían acordado, rump y Biden antes de que el presidente abandonará sus aspiraciones presidenciales.

Lo que todavía nos deben Kamala Harris y Tim Walz es una conferencia abierta con los periodistas, un dato que no sólo no ha pasado desapercibido con los republicanos, sino que lo están utilizando como una línea de ataque para sugerir que los demócratas no quieren responder a las preguntas de su historial político, en especial en temas como la economía y la situación en la frontera con México.

Aunque la vicepresidenta aceptó cinco preguntas de los periodistas en relación con el debate, prometió que muy pronto tendrá su primera rueda de prensa abierta, antes de que finalice este mes.

Pero seguramente ese encuentro con la prensa tendrá lugar después de la Convención Demócrata del 19 al 22 de agosto en Chicago, donde hará historia como la primera mujer de color en lograr la candidatura presidencial en uno de los dos mayores partidos y donde los demócratas esperan un nuevo empujón político.

Opinions in this column are not necessarily those of the Publisher or Editor

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EDITORIAL OPINION

Did you feel the political earthquake of August?

By José López Zamorano
For La Red Hispana

Less than three months before the presidential elections on November 5 and a few days before the Democratic National Convention in Chicago, the United States is experiencing a political earthquake.
The emergence of Kamala Harris and Tim Walz on the political scene had the effect of transforming the electoral dynamics and trends in the final stretch of the 2024 political process.
A recent poll by The New York Times and Sienna College shows that the Democratic ticket now has an advantage in the crucial states of Pennsylvania and Wisconsin, unlike the deficit that the Democrats experienced with Joe Biden.
Harris and Walz remain competitive in Georgia, as well as in Arizona, Nevada and North Carolina.
Nationally, the Democrats are now slightly ahead of the Republicans, although the difference remains within the margin of error of the polls.
If the Democratic ticket ends up winning Michigan, Pennsylvania and Wisconsin, they would only need one electoral vote in Nebraska to get the 270 electoral votes needed to defeat Trump.
Political scientists agree that Harris and Walz could lose states like Arizona and Nevada, where the Hispanic vote will have a strong weight, and still win the Electoral College as long as they win Michigan, Pennsylvania and Wisconsin.
Political organizers agree that the Democratic ticket has revived enthusiasm among some of the historical pillars of the Democratic Party, including young people, Hispanics, African Americans and women.
So it was not so surprising that under this pessimistic outlook for the Trump and JD Vance ticket, the former president finally agreed to propose three presidential debates against Kamala Harris.
Immediately, the vice president's campaign responded that it accepted only one of the three proposed debates, that is, that they will debate on September 10, on the ABC network, without an audience present at the forum, as agreed, Trump and Biden before the president abandoned his presidential aspirations.
What Kamala Harris and Tim Walz still owe us is an open press conference with reporters, a fact that has not only not gone unnoticed by Republicans, but they are using it as a line of attack to suggest that Democrats do not want to answer questions about their political record, especially on issues such as the economy and the situation at the border with Mexico.
Although the vice president accepted five questions from reporters in relation to the debate, she promised that she will very soon have her first open press conference, before the end of this month.
But surely that meeting with the press will take place after the Democratic Convention from August 19 to 22 in Chicago, where she will make history as the first woman of color to achieve the presidential nomination in one of the two major parties and where Democrats hope for a new political push.

Opinions in this column are not necessarily those of the Publisher or Editor

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Salud/*Health*

7 Reasons Your Feet and Ankles May Be Hurting

(StatePoint) Medical experts are reminding everyone that foot and ankle pain is not normal and should be addressed.

"Your feet shouldn't hurt," says Matthew C. Dairman, DPM, FACFAS, a board-certified foot and ankle surgeon and a Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS). "Foot and ankle surgeons are specially trained to diagnose and treat all conditions affecting the foot and ankle, from the simple to the complex. And we can help you with any pain you may be experiencing."

ACFAS has compiled a handy list some of the more common reasons for foot and ankle pain, as well as suggestions for what you can do to feel better:

1. Shoes: From high heels to flip flops, some popular shoe styles can create painful foot and ankle issues. Choose shoes that cushion and support the foot to prevent pain as well as to provide stability, helping you avoid falls and acute injury. And be sure that your shoes fit correctly. Footwear that's too large can rub the skin, causing blisters and sores, while a snug fit can aggravate bunions and hammertoes.

2. Overuse: Physical activities like playing a sport, working out at the gym or even exercising at home can lead to overuse injuries such as Achilles tendonitis, plantar fasciitis, bursitis, Morton's neuroma and stress fractures. You can help prevent overuse injuries with the right footwear and by ramping up training slowly. If you experience pain, take time off to rest until you see your foot and ankle surgeon for proper diagnosis and treatment. It's the best way to get healthy and get back into the game.

3. Acute injury: Ankle sprains, broken toes, metatarsal fractures and other acute injuries can happen to anyone, but athletes who participate in high-impact sports, like running, soccer and basketball, and those with low bone density are particularly susceptible. These conditions should be treated immediately.

4. Arthritis: Because the foot contains 26 bones and more than 30 joints, it's a common site of osteoarthritis, a painful and disabling condition characterized by the breakdown and eventual loss of cartilage in joints. A foot and ankle surgeon may prescribe nonsurgical treatments such as NSAIDs, orthotics, bracing, steroid injections or physical therapy. When osteoarthritis has progressed substantially or failed to improve with nonsurgical treatment, surgery may be recommended.

5. Pregnancy: Prenatal foot pain is common due to increased weight, foot instability and changes in foot size. Wear wider shoes, if needed, to avoid ingrown toenails and to alleviate pain caused by pregnancy-related swelling. Putting your feet up whenever possible, stretching and wearing wide, comfortable, supportive shoes can also ease edema-related discomfort and pregnancy-related arch pain.

6. Diabetes: There are many diabetes complications associated with feet, including neuropathy, which can involve numbness and pain, muscle weakness and loss of balance, or dry feet and cracked skin. Diabetic neuropathy is a serious condition that also is associated with ulcers, which can easily become infected. Treating diabetic neuropathy involves controlling blood sugar levels, inspecting feet daily, and integrating your foot and ankle surgeon into your diabetes care team.

7. Pediatric foot pain: Pain in a child's foot or ankle is never normal and there is no such thing as "growing pains." Your child's pain could be caused by common pediatric conditions such as flatfeet, ingrown toenails, plantar warts and sports injuries. A child experiencing pain that lasts more than a few days or is severe should be examined by a foot and ankle surgeon.

For more information or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.

7 razones por las que te pueden doler los pies y los tobillos

(StatePoint) Los expertos médicos están recordando a todos que el dolor de pie y tobillo no es normal y debe ser tratado.

"Los pies no deberían doler", dice Matthew C. Dairman, DPM, FACFAS, cirujano de pie y tobillo certificado y miembro del Colegio Estadounidense de Cirujanos de Pie y Tobillo (ACFAS). "Los cirujanos de pie y tobillo están especialmente capacitados para diagnosticar y tratar todas las afecciones que afectan el pie y el tobillo, desde las más simples hasta las más complejas. Y podemos ayudarlo con cualquier dolor que pueda estar experimentando".

ACFAS ha compilado una lista útil con algunas de las razones más comunes del dolor de pie y tobillo, así como sugerencias sobre lo que puede hacer para sentirse mejor:

1. Zapatos: desde tacones altos hasta chanclas, algunos estilos de zapatos populares pueden generar problemas dolorosos en el pie y el tobillo. Elija zapatos que amortigüen y sostengan el pie para prevenir el dolor y brindar estabilidad, lo que lo ayudará a evitar caídas y lesiones agudas. Y asegúrese de que sus zapatos calcen correctamente. Un calzado demasiado grande puede rozar la piel y provocar ampollas y llagas, mientras que un calzado demasiado ajustado puede agravar los juanetes y los dedos en martillo.

2. Uso excesivo: las actividades físicas como practicar un deporte, hacer ejercicio en el gimnasio o incluso hacer ejercicio en casa pueden provocar lesiones por uso excesivo, como tendinitis de Aquiles, fascitis plantar, bursitis, neuroma de Morton y fracturas por estrés. Puedes ayudar a prevenir las lesiones por uso excesivo con el calzado adecuado y aumentando el entrenamiento lentamente. Si sientes dolor, tómate un tiempo para descansar hasta que veas a tu cirujano de pie y tobillo para que te haga un diagnóstico y un tratamiento adecuados. Es la mejor manera de recuperar la salud y volver a jugar.

3. Lesión aguda: los esguinces de tobillo, los dedos rotos, las fracturas de metatarsianos y otras lesiones agudas pueden ocurrirle a cualquiera, pero los atletas que participan en deportes de alto impacto, como correr, fútbol y baloncesto, y aquellos con baja densidad ósea son particularmente susceptibles. Estas afecciones deben tratarse de inmediato.

4. Artritis: Debido a que el pie contiene 26 huesos y más de 30 articulaciones, es un sitio común de osteoartritis, una afección dolorosa e incapacitante que se caracteriza por el deterioro y la eventual pérdida de cartílago en las articulaciones. Un cirujano de pie y tobillo puede prescribir tratamientos no quirúrgicos como AINE, aparatos ortopédicos, aparatos ortopédicos, inyecciones de esteroides o fisioterapia. Cuando la osteoartritis ha progresado sustancialmente o no ha mejorado con un tratamiento no quirúrgico, se puede recomendar la cirugía.

5. Embarazo: El dolor de pie prenatal es común debido al aumento de peso, la inestabilidad del pie y los cambios en el tamaño del pie. Use zapatos más anchos, si es necesario, para evitar las uñas encarnadas y aliviar el dolor causado por la hinchazón relacionada con el embarazo. Poner los pies en alto siempre que sea posible, estirarse y usar zapatos anchos, cómodos y con soporte también pueden aliviar el malestar relacionado con el edema y el dolor del arco relacionado con el embarazo.

6. Diabetes: Existen muchas complicaciones de la diabetes asociadas con los pies, incluida la neuropatía, que puede implicar entumecimiento y dolor, debilidad muscular y pérdida del equilibrio, o pies secos y piel agrietada. La neuropatía diabética es una afección grave que también se asocia con úlceras, que pueden infectarse fácilmente. El tratamiento de la neuropatía diabética implica controlar los niveles de azúcar en sangre, inspeccionar los pies a diario e integrar a su cirujano de pie y tobillo en su equipo de atención de la diabetes.

7. Dolor de pie pediátrico: El dolor en el pie o el tobillo de un niño nunca es normal y no existen los "dolores de crecimiento". El dolor de su hijo podría deberse a afecciones pediátricas comunes, como pies planos, uñas encarnadas, verrugas plantares y lesiones deportivas. Un niño que experimente dolor que dure más de unos pocos días o que sea intenso debe ser examinado por un cirujano de pie y tobillo.

Para obtener más información o para encontrar un cirujano de pie y tobillo cerca de usted, visite FootHealthFacts.org, el sitio web de educación para pacientes del Colegio Estadounidense de Cirujanos de Pie y Tobillo.

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[3] **Información adicional sobre el programa America's Home Grant:** el programa America's Home Grant es un crédito del prestamista. Los fondos del programa se pueden utilizar solamente para costos de cierre no recurrentes, incluidos el seguro de título de propiedad, cargos por registro y, en determinadas situaciones, se pueden utilizar puntos de descuento para reducir la tasa de interés. El subsidio no se puede aplicar al pago inicial, partidas previamente pagadas o costos recurrentes, como impuestos sobre la propiedad y seguro. Los prestatarios no pueden recibir los fondos del programa como reembolsos de dinero en efectivo.

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